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TITLE: Nutrient Requirements, Body Composition, and Health of Military Women

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CONTRACTING ORGANIZATION: National Academy of Sciences  
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Fort Detrick, Frederick, MD 21702-5012

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13. ABSTRACT (Maximum 200)  The objective of this study is to develop recommendations for nutrient requirements and related body composition and health concerns for military women. The focus will be on active duty personnel with particular attention to concerns of nutrient intake, weight standards, type of activity, and weight cycling during reproductive and postreproductive years. The Committee on Body Composition, Nutrition, and Health of Military Women (BCNH) will hold five meetings and a 2-day workshop to address and evaluate these issues. To date, an introductory meeting has been held to discuss and develop the agenda for a Tri-Services workshop that is scheduled for September 9-10, 1996. Two reports will be produced: a preliminary report with a summary of the workshop proceedings and a literature review to be delivered in Spring 1997 and a final report with conclusions and recommendations to be delivered in Fall 1997. These reports will respond to the need for more specific nutrient and weight guidance for women in active military settings and additionally will provide relevant guidance for women in public safety occupations.				
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Rebecca B Costello      9/5/96  
PI - Signature                      Date

## TABLE OF CONTENTS

Cover Page.....	i
Report Documentation Page .....	ii
Foreword .....	iii
Annual Report.....	1-2
References.....	2
Appendixes	
A. BCNH Roster of Members.....	3-4
B. BCNH Introductory Meeting Agenda .....	5-6
C. BCNH Roster of Military Liaison Panel Members.....	7-8
D. BCNH Workshop Agenda .....	9-12
E. BCNH Timeline.....	13-14

## ANNUAL REPORT

The Committee on Body Composition, Nutrition, and Health of Military Women (BCNH) was created as an outgrowth of the ongoing activities of the Committee on Military Nutrition Research (CMNR). In a recent report, the CMNR called specific attention to dietary issues for women in the military (IOM, 1991a). In addition, discrepancy between the retention standards for men and women across the services was noted in another CMNR report (IOM, 1992) and in the series of Food and Nutrition Board (FNB) reports on nutrition for women during pregnancy and lactation (IOM 1990, 1991b). These findings prompted the FNB to form a subcommittee of the CMNR to perform a more in-depth review of nutrition and body composition issues in military women. This subcommittee consists of 10 individuals with expertise in nutritional epidemiology, clinical nutrition and health issues, behavioral and social psychology, human performance physiology, survey design and analysis, nutrition during pregnancy/lactation, and body composition. In addition, familiarity with the military and/or with military nutrition science is a key factor. A roster of these members is in Appendix A.

Through a 2-day workshop, extensive literature review, design of a survey questionnaire, and series of meetings, the subcommittee is addressing the following questions: (1) What are the energy requirements of women in military jobs and during field training exercises compared to women in public safety occupations (such as law enforcement officers, fire fighters, etc., where weight and performance standards are maintained and working conditions often necessitate high levels of physical performance under stressful conditions)? (2) What is a reasonable period of time for return-to-duty fitness and body composition standards for postpartum active duty women? (3) Is there an appropriate female body fat standard that can be reasonably maintained through regular exercise and energy balance that will not compromise fitness or readiness?

The subcommittee held its introductory meeting (see introductory meeting agenda, Appendix B) in April 1996 to clarify its assignment of tasks and to plan the workshop entitled "Assessing Readiness in Military Women: The Relationship to Nutrition." At this meeting, a Tri-Service liaison panel attended as a resource group of military researchers and policy makers to assist the subcommittee (see liaison panel roster, Appendix C). LTC Karl E. Friedl, U.S. Army contracting officer representative, presented some background information on health and fitness policy and readiness issues. Additionally, he and several other service representatives presented an overview of current practices amongst the services as they relate to the active duty woman. The content of the proposed workshop was discussed with the liaison panel; subsequently, the staff met with LTC Friedl and drafted a proposed agenda.

The workshop is scheduled for September 9–10, 1996, with presentations being largely by military nutrition researchers, civilians performing research for the military, and noted scientists in academia (see workshop agenda, Appendix D). It is anticipated that as a result of the workshop, the subcommittee will be able to better identify the "characteristic

military woman," as well as identify weight and fitness standards that are appropriate to her role. In addition, as a result of the workshop and literature review, the subcommittee will identify gaps in the existing database to enable such information to be captured by the survey that the subcommittee subsequently will design.

Four additional meetings will be held (see timeline, Appendix E) for discussions and drafting of the subcommittee's reports. The workshop proceedings and an extensive literature review are scheduled to be delivered in Spring 1997 and a final report shall be delivered no later than Fall 1997.

While the subcommittee was delayed in being activated due to other priority requests by the military sponsor for the parent committee (CMNR), it is anticipated that the BCNH subcommittee will meet its contractual deadlines as previously outlined.

## REFERENCES

IOM (Institute of Medicine)

- 1990 *Nutrition During Pregnancy. Part I, Weight Gain. Part II, Nutrient Supplements.* A report of the Subcommittee on Nutritional Status and Weight Gain During Pregnancy, Subcommittee on Dietary Intake and Nutrient Supplements During Pregnancy, Committee on Nutritional Status During Pregnancy and Lactation, Food and Nutrition Board. Washington, D.C.: National Academy Press.
- 1991a *Military Nutrition Initiatives.* A report of the Committee on Military Nutrition, Food and Nutrition Board. Washington, D.C.: Food and Nutrition Board.
- 1991b *Nutrition During Lactation.* A report of the Subcommittee on Nutrition and Lactation, Committee on Nutritional Status During Pregnancy and Lactation, Food and Nutrition Board. Washington, D.C.: National Academy Press.
- 1992 *Body Composition and Physical Performance, Applications for the Military Services,* B.M. Marriott and J. Grumstrup-Scott, eds. A report of the Committee on Military Nutrition Research, Food and Nutrition Board.

## APPENDIX A

### BCNH Roster of Members

**Barbara O. Schneeman, Ph.D.**

**(Chair)**

Dean, College of Agricultural and  
Environmental Sciences  
University of California  
Davis, CA

**Robert O. Nesheim, Ph.D.**

**(Vice Chair)**

Salinas, CA

**Nancy F. Butte, Ph.D., M.P.H., R.D.**

Associate Professor of Pediatrics  
Children's Nutrition Research Center  
Baylor College of Medicine  
Houston, TX

**Joan M. Conway, Ph.D., R.D.**

Research Chemist, Diet and Human  
Performance Laboratory  
USDA-ARS Beltsville Human Nutrition  
Research Center  
Beltsville, MD

**Steven B. Heymsfield, M.D.**

Director, Human Body Composition  
Laboratory and Weight Control Unit  
Deputy Director, Obesity Research  
Center  
St. Luke's-Roosevelt Hospital Center  
New York, NY

**Anne Looker, Ph.D., R.D.**

Senior Research Epidemiologist  
National Center for Health Statistics  
Division of Health Examination  
Statistics  
Hyattsville, MD

**Mary Z. Mays, Ph.D.**

Director, Eagle Creek Research Services  
San Antonio, TX

**Maritza Rubio-Stipec, M.S.**

Professor, Department of Economics  
University of Puerto Rico, San Juan, PR  
Harvard School of Public Health,  
Cambridge, MA

#### ***CMNR Liaison***

**Gail E. Butterfield, Ph.D., R.D.**

Director, Nutrition Studies, Palo Alto  
Veterans Affairs Health Care System  
Visiting Associate Professor, Program in  
Human Biology, Stanford University  
Palo Alto, CA

#### ***FNB Liaison***

**Janet C. King, Ph.D. (IOM)**

Director, USDA Western Human  
Nutrition Research Center, and  
Professor, University of California,  
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Washington, DC 20007



## **APPENDIX B**

### **BCNH Introductory Meeting Agenda**

April 12–13, 1996  
Cecil and Ida Green Building Room 116  
2001 Wisconsin Avenue, N.W.  
Washington, D.C. 20007

#### **AGENDA**

**Friday, April 12, 1996**

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8:00 AM	Continental breakfast available, Room 116
8:30–2:00 PM	Executive Session
8:30–8:45 AM	Welcome, Review of Agenda
8:45–9:15 AM	Orientation to the NAS, IOM, FNB
9:15–10:00 AM	Introductions and Discussion of Composition and Balance Factors (Bias) – Allison Yates, Director, FNB
10:00–10:20 AM	Break
10:20–11:50 AM	Overview of Study Charge to the Committee
12:00 AM –1:00 PM	Lunch at Green Building
1:00–2:00 PM	Discussion of Charge, continued
2:00–2:20 PM	Break
2:30–5:30 PM	Committee Discussion with Sponsor and Liaison Panel LTC Karl Friedl, Staff Officer, USAMRMC Liaison Panel Members
5:30–6:00 PM	Reception at the Green Building, South Prefunction Area Committee members, Liaison Panel, sponsor, staff

6:00 PM                      Dinner at the Green Building, Room 110  
   Committee members, staff

Saturday, April 13, 1996

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8:00 AM	Continental breakfast available
8:30-10:00 AM	Executive session Identification of subcommittee tasks and needs
10:00-10:15 AM	Break
10:15-12:00 Noon	Committee Discussion with Sponsor and Liaison Panel Planning of Workshop and other tasks
12:00-1:00 PM	Lunch at Green Building
1:00-3:00	Executive Session - Subcommittee Breakouts Discussion of subcommittee activities and plans
3:00-4:00	Further discussion of charge, Wrap-up

## APPENDIX C

### BCNH Roster of Liaison Panel Members

**Carol J. Baker-Fulco, M.S., R.D.**

Research Dietitian  
U.S. Army Research Institute of  
Environmental Medicine  
Military Nutrition Division  
Natick, MA

**LTC Alana Cline, Ph.D., R.D.**

Research Dietitian  
U.S. Army Research Institute of  
Environmental Medicine  
Military Nutrition Division  
Natick, MA

**LTC Dale E. Hill, M.H.A., R.D.**

Nutrition Staff Officer, Office of the  
Surgeon General  
Department of the Army  
Falls Church, VA

**James A. Hodgdon, Ph.D.**

Head, Human Performance Department  
Naval Health Research Center  
San Diego, CA

**LT Leslie Cox**

Bureau of Naval Personnel  
Washington, DC

**MAJ Beth Foley, B.S.N., M.S., R.N.**

Health Promotion Policy Officer  
Department of the Army  
Washington, DC

**MAJ Joanne Spahn, M.A.**

Deputy Director of Nutritional Medicine  
Services, U.S. Air Force  
Andrews AFB, MD

**CDR Faythe M. Weber, M.S., R.D.**

Commander, Medical Service Corps,  
U.S. Navy  
Bureau Medicine and Surgery  
Washington, DC

*Contracting Officer Representative*

**LTC Karl E. Friedl, Ph.D.**

Staff Officer and Research Physiologist,  
Army Operational Medicine Research  
Program  
HQ, U.S. Army Medical Research and  
Materiel Command  
Fort Detrick, MD

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## APPENDIX D

### BCNH Workshop Agenda

#### ASSESSING READINESS IN MILITARY WOMEN: THE RELATIONSHIP TO NUTRITION

September 9-10, 1996  
Arnold and Mabel Beckman Center  
National Academies of Science and Engineering  
Irvine, California

#### Monday, September 9, 1996

#### Beckman Center Lecture Room

7:30 am                      *Breakfast available in the refectory*

#### **I. WELCOME AND INTRODUCTION TO THE TOPIC**

8:30 am-8:45 am        Welcome and Introductions  
                             *Barbara O. Schneeman, Chair, Committee on Body Composition, Nutrition  
                             and Health of Military Women*

*Presentations are 15 minutes in length followed by a 5 minute discussion period*

8:45 am-9:05 am        Military Readiness of Women: An Overview from the Command Perspective  
                             *CDR Susan B. Herrold, NC, USN, BUMED, Washington, DC*

9:05 am-9:25 am        Profile of the Military Woman  
                             *Naomi Verdugo, U.S. Army Office of the Deputy Chief of Staff for  
                             Personnel, Washington, DC*

9:25 am-9:45 am        Health and Nutrition Profile of Women in the Navy  
                             *Laurel L. Hourani, Naval Health Research Center, San Diego, CA*

9:45 am-10:00 am       Break

10:00 am-10:20 am      Characteristics of Female Midshipmen: 1992 to 1996  
                             *David W. Armstrong, III (tentative), Henry F. Jackson Foundation,,  
                             Bethesda, MD*

10:20 am-10:40 am      Health, Fitness, and Nutrition Among Military Women and Men  
                             *Robert M. Bray, Research Triangle Institute, Research Triangle Park, NC*

10:40 am-11:00 am      Disordered Eating Among Women in the Armed Forces  
                             *Tracey Sbrocco, Uniformed Services University of the Health Sciences,  
                             Bethesda, MD*

11:00 am-11:40 am    Part I Discussion

## II. BODY COMPOSITION AND FITNESS

11:40 am-12:00 pm    Body Composition and Physical Performance of Women  
*James A. Hodgdon, Naval Health Research Center, San Diego, CA*

12:00 pm-12:20 pm    Methodological Problems in the Assessment of Women's Body Composition  
by the Military: Identification of Valid and Reliable Methods for Field Use  
*LTC Karl E. Friedl, USA, USAMRMC, Ft. Detrick, MD*

12:20 pm-1:30 pm    Lunch

1:30 pm-1:50 pm    Ethnic Differences in Body Composition: Application to Active Military  
Women  
*Lisa Stolarczyk, University of New Mexico, Albuquerque*

1:50 pm-2:10 pm    Cross-Sectional Profile of Body Composition Among Active-Duty Navy and  
Marine Corps Personnel  
*Wendy Graham, Naval Health Research Center, San Diego, CA*

2:10 pm-2:30 pm    Accession Weight Standards: Inconsistencies and Gender Bias  
*CDR Wayne Z. McBride, MC, USN, Uniformed Services University of the  
Health Sciences, Bethesda, MD*

2:30 pm-3:10 pm    Part II Discussion

3:10 pm-3:30 pm    Break

## III. FITNESS ASSESSMENT

3:30 pm-3:50 pm    Assessment of Fitness in the Army: Current Approaches and Standards  
*COL Jeanne Picariello, USA, U.S. Army Physical Fitness School, Ft.  
Benning, GA*

3:50 pm-4:10 pm    Assessment of Fitness in the Navy: Current Approaches and Standards  
*LCDR René Hernandez, USN, BUPERS, Washington, DC*

4:10 pm-4:30 pm    Assessment of Fitness in the Air Force: Evaluation of the Cycle Ergometry  
Program  
*MAJ Sylvia C. Friedman, USAF, Office of the Surgeon General, Bolling  
AFB, Washington, DC*

4:30 pm-4:50 pm    Effect of Alterations in Excess Weight on the Physical Performance of Men  
and Women  
*Kirk J. Cureton, University of Georgia, Athens, GA*

4:50 pm-5:30 pm      Part III Discussion

5:30 pm Closing Remarks  
*Barbara O. Schneeman*

*Reception and dinner on the Beckman Center Terrace*

7:00 pm–7:30 pm After-Dinner Presentation in the Beckman Center Lecture Room  
Zinc and Iron Nutriture: Neuropsychological Function of Women  
*Harold H. Sandstead, University of Texas Medical Branch, Galveston, TX*

Tuesday, September 10, 1996

**Beckman Center Lecture Room**

7:30 am *Breakfast available in the refectory*

#### IV. HEALTH OUTCOMES OF WEIGHT CONTROL BEHAVIORS: THE IMPACT ON MILITARY READINESS

8:30 am-8:40 am	Opening Remarks <i>Barbara O. Schneeman</i>
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8:40 am-9:00 am Perspectives on Nutritional Issues of Army Women  
*LTC Nancy King, USA, Dwight David Eisenhower Army Medical Center,  
Fort Gordon, GA*

9:00 am-9:20 am Eating Practices Among Military Personnel: A Review  
*Carol J. Baker-Fulco, USARIEM, Natick, MA*

9:20 am-9:40 am Gender Differences in Food Ration Preferences and Consumption Among Military Personnel  
*Edward Hirsch, NRDEC, Natick, MA*

9:40 am-10:00 am Health Consequences and Assessment of Disordered Eating and Weight Control Behaviors  
*David M. Garner, Toledo Center for Eating Disorders, Bowling Green State University, Toledo, OH*

10:00 am-10:20 am Part IV (A) Discussion

10:20 am-10:40 am Break

10:40 am-11:00 am    Calcium Needs of Pre-Menopausal Women  
*Richard J. Wood, USDA Human Nutrition Research Center, Boston, MA*

- 11:00 am-11:20 am    The Female Athlete Triad: Effects on the Skeleton  
*Michelle P. Warren, St. Luke's-Roosevelt Hospital and Columbia College of Physicians and Surgeons, New York*
- 11:20 am-11:40 am    Impact of Integrated Training on the Incidence of Stress Fractures and Other Injuries in Women  
*COL Bruce Jones, USA, CHPPM, Aberdeen Proving Grounds, MD*
- 11:40 am-12:00 pm    Part IV (B) Discussion
- 12:00 pm-1:00 pm    Lunch

**V. BODY COMPOSITION AND PERFORMANCE ISSUES DURING PREGNANCY AND THE POSTPARTUM PERIOD**

- 1:00 pm-1:20 pm    Clinical Impact of U.S. Army Policies and Procedures on Pregnancy, the Postpartum Period, and Body Composition: Twenty Years of Experience  
*Paul N. Smith, COL MC USA (Ret), Tacoma, WA*
- 1:20 pm-1:40 pm    The Impact of Pregnancy Weight Restriction, Postpartum Exercise and Weight Loss on Lactation  
*Megan McCrory, University of California, Davis*
- 1:40 pm-2:00 pm    Pregnancy Among Navy Women  
*CDR Michael J. Hughey, MC USNR, Northwestern University School of Medicine, Wilmette, IL*
- 2:00 pm-2:20 pm    Postpartum Fitness  
*COL Joseph Dettori (tentative), USAF, Madigan AFB, Tacoma, WA*
- 2:20 pm-2:40 pm    The Impact of Graded Physical Activity Programs on Pregnancy Outcome  
*E. F. Magann (tentative), Balboa Naval Health Center, San Diego, CA*
- 2:40 pm-3:20 pm    Part V Discussion
- 3:20 pm    Closing Remarks  
*Barbara O. Schneeman*



## APPENDIX E

### BCNH Timeline

<u>Task</u>	<u>Date(s)</u>
<b>Workshop and Second Meeting (2½ days)</b>	September 9–11, 1996
<i>First day through second afternoon:</i> Committee, Liaison Panel, Speakers, and Guests Presentations by liaison panel members and other military nutrition researchers	
<i>Second afternoon:</i> Committee and Liaison Panel Draft procedures for literature review	
<i>Third morning:</i> Committee Draft outline of workshop summary, literature review, survey design and assign tasks	
Receive assignments from Committee and draft preliminary report	Mid September–Mid October 1996
Compile literature review	October 1996
Discuss survey design with Committee and Liaison Panel	October 1996
Assemble review panel for preliminary and final reports	October 1996
<b>Third Meeting (1½ days)</b>	Mid November 1996
Discuss preliminary report (workshop proceedings and literature review)	
Committee review of and sign-off on preliminary report	December–January 1997
Institute of Medicine review of and sign-off on preliminary report	January–February 1997
<b>Fourth Meeting (2½ days)</b>	Late January 1997
Draft conceptual approach to define military woman Outline tasks on nutrient intake and dietary issues	
<b>Transmit preliminary report</b>	March 1997
<b>Fifth Meeting</b>	Mid April 1997
Review draft survey, military women concept, and nutrient intakes Draft conclusions and recommendations for final report	

Committee review of final report draft

May 1997

**Sixth/Final Meeting**

**Early June 1997**

Review final report draft

Finalize conclusions and recommendations

Committee review of and sign-off on final report

June–July 1997

Institute of Medicine review of and sign-off on final report

August–September 1997

**Transmit final report**

**September 1997**